

Group work memo

Linguistics, English



Memo to Fish s in the United s Fish s in the United s Shalan ALshammari, a
from MNSU October 16, 2014

Subject: Fish a good meal

It has come to our attention that very many people in the U. S. suffer from nutritional diseases such as obesity, cancer, food poisoning, and diabetes. Occurrence of these diseases has been as a result of consuming proteins from animals such as pigs and cattle in large volumes. It is also evident that very few people in the U. S. consume fish. To some extent, the low consumption of fish has been as a result of lack information on the essence of fish meat in our health. Additionally, a very small number of the customers who purchase fish know the types and amount of nutrition in fish. As a result of this, we are providing detailed information on the nutritional contents of fish and their contribution to our health.

Before purchasing any protein food, please first consider the amount of calories, proteins, fat, cholesterol, sodium as well as iron it has. High levels of cholesterol in the body result to cardiovascular diseases, diabetes as well as obesity. Low levels of sodium in the diet on the other hand lead to goiter. All types of seafood have elements of nutrition in right grams and thus, they cannot result to nutritional diseases. The cholesterol in fish is in grams, and as a result of this, fish cannot result to diseases such as obesity and heart diseases.

The table attached is designed in a very simple way so that you can understand it easily. The title of the table is in large fonts and bright color so that it can attract your attention in addition to expounding on what the whole table is all about. The picture of fish on the right side also expounds

on what the table entails. Am very certain that in going through this table you will find some reasons as to why you ought to include fish in your diet always.

Thank you for your time!

All the best

Shalan ALshammari

Fish market and nutrition (seafood)

Work Cited

U. S. Food and Drug Administration. Seafood Health Facts: Making Smart Choices. Balancing the Benefits and Risks of Seafood Consumption Resources for Healthcare Providers and Consumers • seafoodhealthfacts. org (2008): Web. 16 Oct. 2014.

< [http://seafoodhealthfacts.](http://seafoodhealthfacts.org/seafood_nutrition/practitioners/composition_chart.php)

[org/seafood_nutrition/practitioners/composition_chart. php](http://seafoodhealthfacts.org/seafood_nutrition/practitioners/composition_chart.php)>